

# Maria Medina, Ph.D.

# Clinical Psychologist

#37074

<b>Education</b>	<b>Ph.D.- Clinical Psychology</b> 2006- Graduation Aug 08, 2011 <b>Master of Science- Counseling Psychology</b> 2003- Graduation May 06, 2005 <b>Bachelor of Science- Psychology</b> 2001- Graduation Nov 18, 2003	Walden University, Indiana <b>Graduate with Honors</b> Tarleton State University, Texas <b>Graduate with Honors</b> Excelsior College, New York <b>Graduate with Honors</b>
<b>Professional Licenses</b>	<b>Clinical Psychologist License#37074 (Independent license)</b> 11 July 2015- Expiration date: 10-31-2024 <b>Licensed Marriage and Family Therapist</b> LMFT- #201013 <b>(Independent License)</b> Effective 2006-Expiration date: 10-31-2024 <b>Licensed Professional Counselor</b> LPC- #61677 Effective 2005- Expiration date: 10-31-2024 <b>Licensed Chemical Dependency Counselor</b> LCDC- #10029 Effective 2005-Expiration date: 09-01-2024 <b>National Board Certified Counselor</b> NBCC- #233527 Effective 2006-Expiration date: 10-31-2024	<b>LMFT-Supervisor (Texas)</b> Effective date: December, 2011 Expiration date: December, 2024 <b>LPC- Supervisor (Texas)</b> Effective date: December, 2011 Expiration date: December, 2024 <b>AAMFT-Clinical Supervisor (Nationwide)</b> Effective date: June, 2012 Expiration date: June, 2024  <b>LMFT CEU Provider# 749</b> <b>LPC CEU Provider# 2021</b>
<b>&amp; Supervisor Designation</b>		
<b>Continuing Education Provider</b>		
<b>Clinical Professional Experience</b>	Sept 2020-Present <b>Baylor Scott and White Mental Health Clinic</b> <b>Licensed Clinical Psychologist</b> <b>Full time: 40hrs per week</b>  <ul style="list-style-type: none"><li>• I provide mental health and psychological services such as psychological evaluations and treatment of mental health disorders. Furthermore, I perform clinical duties in assessment, diagnostic evaluations, treatment interventions, and discharge planning.</li><li>• I provide training and clinical supervision to psychology residents at the doctoral level for the department of psychiatry.</li><li>• I perform clinical services such as clinical consultation, case staffing, and collaboration with colleagues with complex mental health cases.</li></ul>	<b>Temple, Tx.</b>
<b>Clinical Professional Experience</b>	Oct 2015-Sept 2020 <b>Healthy Minds Counseling Center (HMCC)</b> <b>Clinical Director/Owner/Clinical Psychologist</b> <b>Full time: 60hrs per week</b>  <ul style="list-style-type: none"><li>• Private Practice Clinical Director and business owner of Healthy Minds Counseling Center. As a clinical director and psychologist, I provided mental health and psychological services to the active-duty soldiers and their families in the Fort Hood area. I specialize in family therapy and addictions therapy. As a clinical psychologist, I performed clinical duties in assessment, diagnostic evaluations, treatment interventions, and discharge planning.</li><li>• Moreover, as a clinical director, I oversee a team that performs complex, highly technical, administrative, and professional psychosocial work. I performed qualitative and quantitative analyses of pertinent data for evaluation of patient progress. My diagnosis impressions follow established criteria in DSM 5 and my treatment plans are modified to meet the changing needs of my clients. I provided strategic interventions and relapse prevention counseling to clients.</li><li>• I also developed and implemented training for clinical staff during in-service training. I provided orientation, training, and educate to my patients and their commanders. I have coordinated inter-</li></ul>	<b>Killeen/Fort Hood, Tx.</b>

departmental as well as in-service for formal and informal training. I maintain my licenses and certifications by attending continuing education conferences.

**Clinical Professional Experience**      May 2006- Oct 2015 **Army Substance Abuse Program (ASAP)**      **Fort Hood, Tx.**  
**Senior Counseling Psychologist (GS-0180-12 in training for GS-0180-13)**  
**Full time: 40hrs per week**

- I served as a Senior Substance Abuse Counseling Psychologist at the Fort Hood Army Substance Abuse Program (ASAP). I worked as an independent practitioner responsible for carrying out professional duties in accordance with best practice, psychological theories, methods, and techniques. I performed bio-psychosocial evaluations, and analyzed data when making clinical assessments of patients. When formulating my diagnostic impression, I integrated information in a clear and concise manner. As the clinical expert, I have a full range of knowledge of psychodynamics, psychopathology, human growth and development. I also have expert knowledge of statistics, substance abuse treatment, and the biological-neurological bases of addiction.

**Management Experience**      April 2011- February 2013, **Army Substance Abuse Program (ASAP)**  
**Full time: 40hrs per week**

- I have experience in supervisor duties such as conducting the “at risk” meetings as well as team meetings. As a senior counselor, I have trained numerous interns as well as full time staff, peers, and other clinicians over a six-year period. While training employees, I was able to provide clinical supervision, case consultations, and treatment plan reviews. I oversaw their caseload, ensured their therapeutic techniques were clinically sound, and assisted them with difficult cases. Three of the interns I supervised were later hired in our clinic as counselors. Additionally, I have formal training and education in clinical supervision and management skill conducted by department of social work in 2009 and through formal education in my Ph.D. clinical program. Other supervisor duties I have experience in include clinical chart audits and reviews.

- As a senior clinician, I have assisted in the development a multi-modality comprehensive rehabilitation and treatment program designed to treat alcohol and drug abuse related problems of active-duty military and other eligible personnel. I have also implemented professional service plans, business plans, and standard operating procedures in accordance with Joint Commission standards, IMCOM, and Federal Law. Moreover, I have assisted in the development and implementation of peer review and professional improvement & quality assurance in an effort to better our program.

- Moreover, as a team leader and supervisor in training, I have planned and schedule ongoing work to be accomplished by subordinates. I have also assigned and manage responsibilities as well as reported to the clinical director about ASAP missions. I have adjusted staffing levels and work procedures as mission required. I have made decision regarding methodologies to use in achieving work goals and objectives. I have worked on finding ways to improve production and to increase the quality of the work at ASAP. Furthermore, I advice, counsel, and instruct employees on both work and administrative matters. I have assisted in resolving complaints and problems from employees at various levels. I have also helped in developing performance standards when dealing with NSPS. Finally, after identifying developmental and training needs of staff members, I have implemented training opportunities to improve their clinical skills.

- Other tasks I have been responsible for include developing, implementing, evaluating, and improving patient care and processes. I have also been involved in monitoring and reviewing the outcomes, efficiency, productivity and implementation of sections of ASAP's program. I have assisted in identifying and integrating internal and external program issues affecting our program. I have provided leadership in developing, implementing, evaluating, and improving processes and procedures to monitor effectiveness and efficiency of our substance abuse program.

**Supervisor  
Training**

October, 2011, **Houston Galveston Institute: Supervision Training Course (40hrs per week)**

- Developed effective supervision processes and effective supervision relationships
- Exposed to various models of supervision and supervisor techniques.
- Gained knowledge and training that leads to the National Clinical Supervisor- American Association for Marriage and Family Therapy (AMMFT) approved supervisor of licensed Marriage and Family Therapist (LMFT) nationwide.
- Training also is recognized and approved course as required by the Texas Board Clinical Supervisor of Licensed Professional Counselors (LPC-S).
- Meets standards and leads to LMFT-S Texas Board Clinical Supervisor of Licensed Marriage and Family Therapists.

**Leadership  
Training**

Jan 2013- April 2013, **Civilian Leadership Development Program (CLDP) (3months)**

- Received effective leadership training as well as supervision and management training.
- Completed training in local Fort Hood resources and human resources applicable when supervising government employees.
- Gained knowledge and training in effective customer service, formal report writing, program management, and system analysis.
- Completed phase I, II, III of Civilian leadership training.

**Supervisor  
& Case  
Consultant**

November, 2011- July 2014, **Substance Abuse Consultant at the Family Life Center: Formal Supervision and Case Consultation (20hrs per week)**

- I was the substance abuse expert and member of the supervision and consultation team at the Family Life Center (FLC) in Fort Hood, Texas. As the substance abuse expert of this panel, I developed graduate interns as well as post graduate interns seeking licensure as clinicians in the field of psychology. I provided individual as well as group supervision involving high risk cases and crisis management. During our supervision meetings, I trained supervisees on various clinical models, interventions, and other clinical techniques in an effort to assist their growth into competent, sound, and exceptional clinicians. During the case consultations, I planned, organized, and facilitated meetings, where a panel of supervisors, to include myself, reviews the intern's cases in a productive and effective manner. I oversaw professional counseling students and supervised their therapy skills as well as monitored their treatment.
- In the substance abuse field, I have experience, in crisis management and intervention. Therefore, I know how to prioritize and manage urgent and acute cases. I have supervised professional clinicians with complex, high risk, cases dealing with suicidal and homicidal situations.

**Leadership  
Experience**

July 1996- Mar 2003, **Noncommissioned Officer (NCO) Full time: 40hrs per week**

- Developed, trained, and managed over twenty soldiers as a professional noncommissioned officer. For over seven years, I was in charge and responsible for teaching soldier become how to become noncommissioned leaders. I provided guidance, and inspiration for career and personal development to lower enlisted soldier under my command for many years. I motivated and influenced soldier to accomplished mission and tasks in an effective manner.
- Managed personnel, time, and materials successfully to accomplish missions, task, and other assignments as evidenced by many leadership awards, certificated, and recognitions. For example, while in leadership training, I graduated with honors and received the commandant's leadership award of excellence.

- While in the United States Army, I had the opportunity to enhance and strengthen my leadership and management skill by attending leadership school and other trainings that specialized in molding great leaders.

**University  
Professor  
Experience**

December 2012- Present, **Texas A&M University-Central Texas** **Killeen, Tx.**  
**Adjunct Professor of Marriage and Family Therapy (Graduate level)**

- Responsible for teaching **CPSY 556 Introduction to Family Therapy** to approximately 15 graduate level students per semester.
- Responsible for developing/teaching **CPSY 510 Family Relations and Development** to 12-15 graduate level students per semester.
- Responsible for training/teaching **PSY 504 Human Development** to psychology students.
- Responsible for teaching **MFT 5380 Addictions in Family Therapy** to MFT graduate students.
- Provides face to face and online instruction to graduate students in the field of Family Therapy.
- Teaches, evaluates, monitors, and grades higher education family therapy academic work.
- Develops family therapy assignments, presentations, and exams conducive to enhancing students' learning and practical knowledge of family therapy and counseling psychology.

**University  
Professor  
Experience**

December 2012- Present, **Texas A&M University-Central Texas** **Killeen, Tx.**  
**Adjunct Professor of Marriage and Family Therapy (Graduate level)**

- I provide clinical supervision to psychology graduate level students in the field of Family Therapy and counseling psychology in the following classes:
- **PSY 505.120 Practicum I: Counseling Psychology Field Experience**
- **PSY 584 Practicum II: Counseling Psychology Field Experience**
- **PSY 587 Practicum III: Counseling Psychology Field Experience**
- **Clinical Internship I: Family Therapy Clinical Experience**
- **Clinical Internship II: Family Therapy Clinical Experience**
- **MFTK 560-Clinical Practicum IV** I develop and refine the graduate students' clinical skills in face to face supervision and case consultation.
- I evaluate, monitor, and grade the students' clinical and counseling work.
- After observation and assessment of the student's therapeutic skills, I provided timely and specific feedback to help the student improve their clinical skills.
- Furthermore, I teach students how to develop SMART treatment plans, appropriate interventions, and how to provide best practice high quality therapy to their clients.

**University  
Professor  
Experience**

December 2012, **Texas A&M University-Central Texas** **Killeen, Tx.**  
**Adjunct Professor of Counseling Psychology (Undergraduate level)**

- I was responsible for teaching **PSY305.331 Human Cognitive Processes** in Cognitive Psychology to over 30 undergraduate students per semester.
- I was responsible for teaching **PSY 402.321 Adaptive Psychology** to over 30 students per semester.
- Provided face to face instruction to undergraduate students in the field of psychology.
- Provided online instruction, assignments, and discussions via long distance learning in hybrid courses.
- Evaluated, monitored, and graded higher education psychology academic work.
- Developed psychology assignments, presentations, and exams conducive to enhancing students' learning and basic knowledge of psychology.
- Inspired several students to continue into graduate level studies after completion of several of my undergraduate courses.
- Provided assistance and guidance of career counseling to undergraduate students interested in furthering their studies in the field of family therapy and counseling psychology.

**Professional Experience**    August 2005- May 2006    **Department of Social Work (DSW)**    **Fort Hood, Tx.**  
**Case Manager Full time: 40hrs per week**

- Managed case loads of approximately 60 child/spouse cases and conducted interviews with individuals, families, and collateral contacts. Additionally, triaged assessing needs of the clients and used the information obtained to make critical recommendations regarding safety or children and spouses.
- Reported all suspected cases of child abuse/neglect or spouse abuse to the unit commander, child protective services and/or law enforcement agencies. Made appropriate client referrals to other agencies based on specialized needs such as psychiatric evaluations, pediatric exams, drug and alcohol assessments, etc.
- Worked closely with commanders to ensure that they understand and comply with their responsibilities in preventing further abuse. Recorded information in a prescribed format and makes follow-up appointments for clinical intake in Family Advocacy and Social Work cases

**Professional Experience**    January 2005- August 2005    **Department of Psychology**    **Fort Hood, Tx.**  
**Counselor Intern Full time: 40hrs per week**

- Screened, evaluated, and provided psychotherapy to patients in a clinical setting. Gathered patient's information using interviews, case histories, observational techniques, and other assessment methods. Analyzed data, such as interview notes, test results, and reference manuals and texts to identify symptoms and diagnose. Consulted with other professionals to discuss therapy treatment, counseling resources, occupational information, and other therapeutic techniques.
- Managed caseloads of individual, couples, family, and group counseling. Advised clients on the potential benefits of counseling and made referrals to specialists or other institutions for non-counseling problems. Counseled patients and their families, individually and in group sessions, to assist in overcoming dependencies, adjusting to life, and making changes. Counseled clients to assist them in understanding personal or interactive problems, defining goals, and developing realistic action plans. Developed therapeutic and treatment plans based on individual interests, abilities, or needs of clients.
- Knowledgeable in the areas of personality disorders, mental retardation, and common childhood disorders. Effective in treatment of clinical disorder such as mood, anxiety, as well as psychosocial and environmental problems. Familiar with interventions such, Hypnotherapy, Biofeedback, Cognitive, behavioral, and Humanistic methods. Certified to provide Eye Movement Desensitization and Reprocessing (EMDR) Therapy.

**Professional Experience**    Aug. 2004- Jan. 2005,    **Child & Adolescent Psychiatric Evaluation Services**    **Fort Hood, Tx.**  
**CAPES Intern Full time: 40hrs per week**

- Interviewed individuals, couples, or families, and reviews records to obtain information on medical, psychological, emotional, relationship, or other problems. Analyzed information to assess client problems, determine advisability of counseling, and referred client to other specialists, institutions, or support services. Consulted reference material, such as textbooks, manuals, and journals, to identify symptoms, make diagnoses, and develop approach to treatment.
- Facilitated group counseling for several support groups. Assisted clients to gain insight, define goals, and plan actions to achieve effective personal, social, educational, and vocational development and adjustment. Provided occupational, educational, and other information to enable individual to formulate realistic educational and vocational plans. Observed individual at play, in group interactions, or other situations to detect indications of mental deficiency, abnormal behavior, or maladjustment.
- Provided counseling services to children and Adolescence. Worked with clients to find solutions to emotional problems. Conducted individual and group counseling sessions regarding psychological or emotional problems, such as stress, substance abuse, and family situations. Developed treatment plan, including type, frequency, intensity, and duration of therapy, in

collaboration with psychiatrist and other specialists. Selected, administered, scored, and interpreted psychological tests to obtain information on individual's, achievement, interest, and personality. Utilized treatment methods, such as psychotherapy, EMDR, behavior modification, stress reduction therapy, psychodrama, and play therapy. Responded to client reactions, evaluates effectiveness of counseling or treatment, and modifies plan as needed.

<b>Published Work</b>	<b>Dissertation-Depressive Symptoms Among Military Adolescents</b>	<b>UMI, 2011</b>
<b>Military Service</b>	<b>United States Army-</b> July 1996/ Mar 2003 (South Korea, Fort Hood, Fort Sill, Fort Gordon, and Ft. Jackson)	<b>Worldwide</b>
<b>Professional Membership</b>	<b>PSI CHI Honor Society-</b> December, 2003 <b>American Association for Marriage and Family Therapy</b> <b>AAMFT- Clinical Member-</b> November, 2011; AAMFT Supervisor Member 2012	
<b>License</b>	<b>Proctored examination result for LMFT, LPC, and LCDC licenses</b> <b>Proctored exam results for the Texas Psychologist License (written and oral exam)</b>	
<b>Exam Results</b>	Available upon request	
<b>Professional Training</b>	<b>Eye Movement Desensitization and Reprocessing (EMDR)</b> Trained by HAP program in August and October, 2005 <b>Applied Suicide Intervention Skills Training (ASIST)</b> Trained by Ft. Hood Family Life Center in June, 2004. <b>National Supervisor Training Course</b> Trained by Houston Galveston Institute, October 2011 <b>State Supervisor Training</b> Trained by Ft. Hood Social Work Department, September 2009	
<b>Additional Skills</b>	<b>Bi-lingual</b> Writes, reads, and converses fluent in Spanish	
<b>References</b>	Available upon request	